

# PUMPKIN SPICE LATTE (VEGAN)

When Starbucks releases its PSL every year, people line up for it like crack addicts. I did a little digging on this beloved drink only to learn that it's made with condensed milk and a lot of sugar. It is nice to have a seasonal shift drink, but we sweeten our vegan PSL with yacon syrup, a low glycemic natural sweetener so you won't be bouncing off the walls.

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## INGREDIENTS

1 cup water  
4 tablespoons pumpkin puree  
2 sticks cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
2 tablespoons yacon syrup  
1/2 teaspoon vanilla extract  
4 shots of espresso  
2 cups of non-dairy milk

## MAKES FOUR LATTES

- 1 Place the water, pumpkin puree, cinnamon sticks, ginger, nutmeg, and cloves into a saucepan. Whisk together, and simmer for 30 minutes.
- 2 The syrup will reduce to about 1/4 cup. Add in the yacon syrup and vanilla extra and whisk.
- 3 Remove the cinnamon sticks and pour syrup into an airtight container. Refrigerate for up to 1 week.
- 4 To make a Pumpkin Spice Latte, add 1 shot of espresso to a mug, 2 tablespoons of the PSL syrup, and 1/2 cup of your choice of steamed milk.

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## NOTES

- We tried oat, almond, and soy, and they all tasted great, but oat milk was the clear winner.
- There's an alternate way to make the latte: heat the milk on low and simmer it (stirring frequently) for 10 minutes with all the ingredients except the vanilla extract and yacon syrup. Add the vanilla and yacon at the end.
- To make this drink low glycemic, use almond milk.